

There are so many good reasons to quit. **WHAT'S YOURS?**



Quitline Iowa helps people learn to live
without tobacco for all kinds of reasons. Enroll now to receive:

Phone Coaching: Having someone to talk to can really help you quit. Our Quit Coach® team understands what you're going through. Best of all, they know what works. During a series of phone coaching sessions, they'll help you map out a quit plan and give you quit tips that really work.

Quit Smoking Medications: Nicotine cravings and the urge to smoke make quitting hard. That's why we talk with you about prescription and over-the-counter medications that can help reduce cravings and withdraw symptoms. We'll help you figure out which ones might be right for you. Plus, you may be eligible to receive free nicotine replacement therapy which includes a choice of patch, gum or lozenge.

Quit Tools: With Quitline Iowa, you receive powerful print and online tools to help you live tobacco-free.

- ▶ Use the Quit Guide workbook to stay strong between coaching calls.
- ▶ Connect with other people trying to quit and track your progress on the members-only Web Coach® site.

Enroll Today.
1-800-QUIT-NOW (1-800-784-8669)
www.quitlineiowa.org



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